



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Statistics Report 35015, Blackberries, wild, raw (Alaska Native) ^a

Report Date: May 31, 2017 02:20 EDT

Nutrient values and weights are for edible portion.

| Nutrient | Unit | Value Per 100 g | Data Points | Std. Error | Min | Max | df | LB | UB | # Studies | Source | NDB Ref | Last Modified |
|--------------------------------|------|-----------------|-------------|------------|-------|-------|-----|--------|--------|-----------|---|---------|---------------|
| Proximates | | | | | | | | | | | | | |
| Water ¹ | g | 88.05 | -- | 0.508 | 87.54 | 88.56 | 1.0 | 81.599 | 94.496 | 1 | Aggregated data involving comb. of codes other than 1,12 or 6 | -- | 04/2006 |
| Energy | kcal | 52 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 04/2006 |
| Energy | kJ | 219 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 04/2006 |
| Protein ¹ | g | 0.84 | -- | 0.548 | 0.29 | 1.38 | 1.0 | -6.123 | 7.795 | 1 | Aggregated data involving comb. of codes other than 1,12 or 6 | -- | 04/2006 |
| Total lipid (fat) ¹ | g | 1.07 | -- | 0.295 | 0.77 | 1.36 | 1.0 | -2.683 | 4.813 | 1 | Aggregated data involving comb. of codes other than 1,12 or 6 | -- | 04/2006 |
| Ash ¹ | g | 0.21 | -- | -- | 0.15 | 0.27 | 1.0 | -- | -- | 1 | Analytical or derived from analytical | -- | 04/2006 |
| Carbohydrate, by difference | g | 9.84 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 04/2006 |

| Nutrient | Unit | Value Per100 g | Data Points | Std. Error | Min | Max | df | LB | UB | # Studies | Source | NDB Ref | Last Modified |
|-----------------------------------|------|----------------|-------------|------------|------|------|-----|----|----|-----------|---------------------------------------|---------|---------------|
| Fiber, total dietary ¹ | g | 3.2 | -- | -- | 1.6 | 4.8 | 1.0 | -- | -- | 1 | Analytical or derived from analytical | -- | 04/2006 |
| Sugars, total ¹ | g | 3.65 | -- | -- | 2.36 | 4.94 | 1.0 | -- | -- | 1 | Analytical or derived from analytical | -- | 04/2006 |
| Sucrose ¹ | g | 0.01 | -- | -- | 0 | 0.02 | 1.0 | -- | -- | 1 | Analytical or derived from analytical | -- | 04/2006 |
| Glucose (dextrose) ¹ | g | 1.69 | -- | -- | 0.8 | 2.57 | 1.0 | -- | -- | 1 | Analytical or derived from analytical | -- | 04/2006 |
| Fructose ¹ | g | 1.95 | -- | -- | 1.54 | 2.37 | 1.0 | -- | -- | 1 | Analytical or derived from analytical | -- | 04/2006 |
| Lactose ¹ | g | 0.00 | -- | -- | 0 | 0 | 1.0 | -- | -- | 1 | Analytical or derived from analytical | -- | 04/2006 |
| Maltose ¹ | g | 0.00 | -- | -- | 0 | 0 | 1.0 | -- | -- | 1 | Analytical or derived from analytical | -- | 04/2006 |
| Galactose ¹ | g | 0.00 | -- | -- | 0 | 0 | 1.0 | -- | -- | 1 | Analytical or derived from analytical | -- | 04/2006 |
| Starch ¹ | g | 0.00 | -- | -- | 0 | 0 | 1.0 | -- | -- | 1 | Analytical or derived from analytical | -- | 04/2006 |

Minerals

| Nutrient | Unit | Value Per100 g | Data Points | Std. Error | Min | Max | df | LB | UB | # Studies | Source | NDB Ref | Last Modified |
|----------------------------|------|----------------|-------------|------------|------|------|-----|---------|--------|-----------|---|---------|---------------|
| Calcium, Ca ¹ | mg | 5 | -- | 0.500 | 4 | 5 | 1.0 | -1.654 | 11.054 | 1 | Aggregated data involving comb. of codes other than 1,12 or 6 | -- | 04/2006 |
| Iron, Fe ¹ | mg | 0.21 | -- | 0.061 | 0.15 | 0.27 | 1.0 | -0.566 | 0.984 | 1 | Aggregated data involving comb. of codes other than 1,12 or 6 | -- | 04/2006 |
| Magnesium, Mg ¹ | mg | 4 | -- | 0.275 | 4 | 4 | 1.0 | 0.38 | 7.37 | 1 | Aggregated data involving comb. of codes other than 1,12 or 6 | -- | 04/2006 |
| Phosphorus, P ¹ | mg | 11 | -- | 3.375 | 7 | 14 | 1.0 | -32.309 | 53.459 | 1 | Aggregated data involving comb. of codes other than 1,12 or 6 | -- | 04/2006 |
| Potassium, K ¹ | mg | 75 | -- | -- | 73 | 77 | 1.0 | -- | -- | 1 | Analytical or derived from analytical | -- | 04/2006 |
| Sodium, Na ¹ | mg | 6 | -- | 3.125 | 3 | 10 | 1.0 | -33.332 | 46.082 | 1 | Aggregated data involving comb. of codes other than 1,12 or 6 | -- | 04/2006 |

| Nutrient | Unit | Value Per 100 g | Data Points | Std. Error | Min | Max | df | LB | UB | # Studies | Source | NDB Ref | Last Modified |
|---|------|--------------------|----------------|------------|------|------|-----|--------|-------|-----------|---|---------|------------------|
| Zinc, Zn ¹ | mg | 0.15 | -- | 0.048 | 0.11 | 0.2 | 1.0 | -0.451 | 0.756 | 1 | Aggregated data involving comb. of codes other than 1,12 or 6 | -- | 04/2006 |
| Copper, Cu ¹ | mg | 0.222 | -- | 0.193 | 0.03 | 0.41 | 1.0 | -2.224 | 2.669 | 1 | Aggregated data involving comb. of codes other than 1,12 or 6 | -- | 04/2006 |
| Manganese, Mn ¹ | mg | 0.287 | -- | 0.078 | 0.21 | 0.36 | 1.0 | -0.698 | 1.273 | 1 | Aggregated data involving comb. of codes other than 1,12 or 6 | -- | 04/2006 |
| Vitamins | | | | | | | | | | | | | |
| Vitamin C, total ascorbic acid ¹ | mg | 4.7 | -- | -- | 3.6 | 5.8 | 1.0 | -- | -- | 1 | Analytical or derived from analytical | -- | 04/2006 |
| Thiamin ¹ | mg | 0.060 | -- | -- | 0.03 | 0.09 | 1.0 | -- | -- | 1 | Analytical or derived from analytical | -- | 04/2006 |
| Riboflavin ¹ | mg | 0.144 | -- | -- | 0.1 | 0.19 | 1.0 | -- | -- | 1 | Analytical or derived from analytical | -- | 04/2006 |
| Niacin ¹ | mg | 0.314 | -- | -- | 0.27 | 0.36 | 1.0 | -- | -- | 1 | Analytical or derived from analytical | -- | 04/2006 |
| Pantothenic acid ¹ | mg | 1.258 | -- | -- | 0.14 | 2.38 | 1.0 | -- | -- | 1 | Analytical or derived from analytical | -- | 04/2006 |

| Nutrient | Unit | Value Per 100 g | Data Points | Std. Error | Min | Max | df | LB | UB | # Studies | Source | NDB Ref | Last Modified |
|----------------------------------|------|--------------------|----------------|------------|------|------|-----|----|----|-----------|---------------------------------------|---------|------------------|
| Vitamin B-6 ¹ | mg | 0.039 | -- | -- | 0.04 | 0.04 | 1.0 | -- | -- | 1 | Analytical or derived from analytical | -- | 04/2006 |
| Folate, total ¹ | µg | 11 | -- | -- | 3 | 18 | 1.0 | -- | -- | 1 | Analytical or derived from analytical | -- | 04/2006 |
| Folic acid | µg | 0 | -- | -- | 0 | 0 | 1.0 | -- | -- | 1 | Assumed zero | -- | 04/2006 |
| Folate, food ¹ | µg | 11 | -- | -- | 3 | 18 | 1.0 | -- | -- | 1 | Analytical or derived from analytical | -- | 04/2006 |
| Folate, DFE | µg | 11 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 05/2006 |
| Vitamin B-12 | µg | 0.00 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 04/2006 |
| Vitamin B-12, added | µg | 0.00 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 04/2006 |
| Vitamin A, RAE | µg | 5 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 04/2006 |
| Retinol | µg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 04/2006 |
| Carotene, beta ¹ | µg | 27 | -- | -- | 16 | 39 | 1.0 | -- | -- | 1 | Analytical or derived from analytical | -- | 04/2006 |
| Carotene, alpha ¹ | µg | 0 | -- | -- | 0 | 0 | 1.0 | -- | -- | 1 | Analytical or derived from analytical | -- | 04/2006 |
| Cryptoxanthin, beta ¹ | µg | 0 | -- | -- | 0 | 0 | 1.0 | -- | -- | 1 | Analytical or derived from analytical | -- | 04/2006 |
| Vitamin A, IU | IU | 46 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2006 |

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|---|------|-----------------|-------------|------------|------|------|-----|----|----|-----------|---------------------------------------|---------|---------------|
| Lycopene ¹ | µg | 0 | -- | -- | 0 | 0 | 1.0 | -- | -- | 1 | Analytical or derived from analytical | -- | 04/2006 |
| Vitamin E (alpha-tocopherol) ¹ | mg | 0.91 | -- | -- | 0.7 | 1.13 | 1.0 | -- | -- | 1 | Analytical or derived from analytical | -- | 04/2006 |
| Vitamin E, added | mg | 0.00 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 04/2006 |
| Tocopherol, beta ¹ | mg | 0.02 | -- | -- | 0.02 | 0.03 | 1.0 | -- | -- | 1 | Analytical or derived from analytical | -- | 04/2006 |
| Tocopherol, gamma ¹ | mg | 0.05 | -- | -- | 0.03 | 0.07 | 1.0 | -- | -- | 1 | Analytical or derived from analytical | -- | 04/2006 |
| Tocopherol, delta ¹ | mg | 0.02 | -- | -- | 0.01 | 0.03 | 1.0 | -- | -- | 1 | Analytical or derived from analytical | -- | 04/2006 |
| Vitamin K (phylloquinone) ¹ | µg | 5.9 | -- | -- | 5.8 | 6.1 | 1.0 | -- | -- | 1 | Analytical or derived from analytical | -- | 04/2006 |
| Lipids | | | | | | | | | | | | | |
| Amino Acids | | | | | | | | | | | | | |
| Other | | | | | | | | | | | | | |
| Alcohol, ethyl | g | 0.0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 04/2006 |
| Caffeine | mg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 05/2006 |
| Theobromine | mg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 04/2006 |

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 8c, 2004 Beltsville MD

Footnotes

^a The mineral and vitamin content of berries harvested in the wild and in specific regions of the country may differ from commercially produced berries.